

Tier 2 High Alert

From 2 December

Outdoor informal sport/activity



Can happen. Rule of six.

Outdoor 1:1 coaching



Can happen. Coach/participant(s) to be socially distant.

Outdoor group coaching/activity (organised)



Can happen. **Children** - follow organiser/sport specific guidance or [DfE guidelines for out of school settings](#). **Adults** - Follow NGB or organised activity/[event guidance](#).

Outdoor exercise classes/Personal Training (organised)



Can happen. Follow [outdoor event guidance](#)/NGB guidance.

Indoor & outdoor sports facilities



Can remain open.

Outdoor competitions



Can happen. Follow NGB/organiser guidance.

Outdoor sport/activity events (organised) inc. organised group walks



Can happen. Follow [outdoor event guidance](#).

Outdoor spectating and supervision



Can happen, but to be minimised and avoided where possible. Rule of Six, as long as groups don't mix.

Indoor informal sport/activity



Can happen from same household/bubble only.

Indoor 1:1 coaching / 1:1 Personal Training



Can happen in a gym or sport facility. Coach or PT and participant to be socially distant.

Indoor group coaching/activity (organised)



Can happen when socially distanced i.e. exercise classes/ 1x1 tennis. Organisers to follow [indoor facility guidance](#). Exemptions apply - see Sport England FAQs.

Indoor exercise classes



Can take place. Follow indoor facility guidelines. Participants must be socially distant.

Indoor competitions



Can only happen if exemptions apply - see Sport England FAQs.

Indoor spectating and supervision



Can happen in the same household/bubble only.

Travelling to take part in sport/activity (within area)



Can happen. Minimise number of journeys where possible.

Travelling to take part in sport/activity (into/out of area)



Can only happen to fulfil a fixture or attend an organised sporting event. People should not travel into very high (Tier 3) alert areas to take part in sport and physical activity. Exemptions apply - see Sport England FAQs.

For more information and FAQs, visit: sportengland.org/returntoplayfaq